

The Random Jottings of Donald Jay from Nelson in Pendle

Unusual snack people remember from childhood in Lancashire

In the heart of Lancashire, where the rolling hills meet the bustling towns, there lies a culinary delight that has stood the test of time. It is a snack that holds a special place in the hearts of those who grew up in the region, a taste that instantly transports them back to their carefree childhood days. This beloved treat is none other than the humble banana sandwich.

Decades ago, when families had to make their food stretch and get creative with their meals, the banana sandwich emerged as a simple yet satisfying option. It became a staple part of growing up for many in Lancashire and beyond. The preparation was simple: take two slices of bread, generously spread them with butter, and top it all off with finely chopped or mashed bananas. The combination of the creamy fruit and the rich, comforting taste of buttered bread created a harmony of flavors that delighted both young and old.

As time went on, people began to experiment with different variations of the banana sandwich. Some added a sprinkle of sugar to enhance the sweetness, while others slathered on peanut butter for an extra layer of richness. The sandwich evolved into a canvas for personal creativity and taste preferences. For some, it was all about the crunch, and they would add a handful of plain crisps for a delightful texture contrast. Salad cream, jam, crumbled flake, honey, and even a drizzle of milk found their way into the mix, each adding its own unique twist to this childhood classic.

The banana sandwich was not limited to mealtimes alone; it became a snack enjoyed throughout the day. Whether it was a quick breakfast on a busy morning or a satisfying afternoon treat, the sandwich found its place in the hearts and bellies of Lancashire's residents. Even Elvis Presley, the King of Rock and Roll, was known to be a fan of the peanut butter and banana sandwich, elevating its status to legendary proportions.

Years passed, and the love for the banana sandwich never waned. Its presence remained a constant reminder of simpler times, of shared moments with family and friends. As adults, those who grew up with this beloved snack still indulged in its comforting embrace, savoring every bite and relishing the nostalgia it brought.

In Lancashire, the chapter on the banana sandwich is far from closed. It continues to be a treat enjoyed by many, a reminder of cherished memories and the enduring bond between food and childhood. Whether it is mashed with peanut butter and honey, sprinkled with sugar, or grilled with bacon, the banana sandwich remains a timeless symbol of joy and connection in the hearts of Lancashire's people.

So, the next time you find yourself reminiscing about your childhood in Lancashire, take a moment to recreate this simple delight. Grab a ripe banana, slice some bread, and let the memories flood back as you savor the familiar taste of the beloved banana sandwich.

By Donald Jay

